

ABSTRACT OF DISCLOSURE

A disc type recording medium on which information is recorded by forming disc tracks thereon, a method of forming the disc tracks, and a recording medium for recording a program executing the method. In the above media and method, data access can be rendered in data frame units. The disc type recording medium includes a data frame composed of a plurality of sync frames. The total number of the sync frames is determined according to the length of the innermost circumference of the disc type recording medium. Accordingly, recoding the additional information in such a data frame format prevents a reduction in a rate of detecting the additional information even when the recording medium is miniaturized.